

REGISTRATION

Aquatics registration is held at pool sites only.
Mail-in registration will not be accepted.

Registration for spring classes will begin on Saturday, March 15, at 7:30 a.m., and will continue until classes are filled. Registration for summer classes will begin Saturday June 7, at 7:30 a.m. and will continue until classes are filled.

HUNTERSVILLE POOL SCHEDULE

Fall, Winter and Spring

September 21, 2002 - June 15, 2003
664-7431

Sunday & Monday – Closed

Tuesday through Friday

6:30 a.m. - 9:50 a.m. - Adult Lap Swim
8:30 a.m. - 9:20 a.m. - Fee Base Classes
10:00 a.m. - 1:00 p.m.- School Board Classes
1:00 p.m. - 2:50 p.m. - Group Usage
3:00 p.m. - 5:00 p.m. - Open Swim All Ages
5:00 p.m. - 5:50 p.m. - Fee Base Classes
5:00 p.m. - 7:00 p.m. - Adult Lap Swim
5:00 p.m. - 7:00 p.m. - Family Swim (Wednesday Only)

Saturday

8:30 a.m. - 9:50 a.m. - Adult Lap Swim
10:00 a.m. - 12:00 p.m. - Fee Base Classes

Summer Hours

June 16 – August 31, 2003
664- 7431

Office Hours

Sunday and Monday - Closed To Public
Tuesday Through Friday - 6:30 a.m. –7:00 p.m.
Saturday - 8:00 a.m. – 4:00 p.m.

Monday

Fee Based Classes - 10:00 a.m. – 10:50 a.m.
Group Usage - 11:00 a.m. – 12:50 p.m.

Tuesday through Friday

Adult Lap Swim - 6:30 a.m. – 09:50 a.m.
Seniors In Motion - 8:30 a.m. – 09:20 a.m.
Fee Based Classes - 10:00 a.m. – 10:50 a.m.
Group Usage - 11:00 a.m. – 12:50 p.m.
Ages 8yrs. - 12 yr. - 1:00 a.m. - 03:00 p.m.
Ages 13 yr. - 17 yr. - 3:15 a.m. – 4:50 p.m.
Swim Team Practice - 5:00 p.m. – 5:50 p.m.
Adult Recreational /Lap - 5:30 p.m. – 6:30 p.m.
Adult Classes - 5:30 p.m. – 6:20 p.m.

Wednesday & Friday

Family Swim - 5:00 p.m. – 6:30 p.m.
No Swim Team Practice on Wed. & Fri.

Saturday

Adult Lap Swim - 8:30 a.m. – 9:50 a.m.
Fee Based Classes - 10:00 a.m. – 11:50 p.m.
Open Swim - 1:00 p.m. - 3:45 p.m.

Sunday

Closed

CHESTERFIELD POOL

Summer Hours

441- 5410

Office Hours

Sunday - 12:00 p.m - 4:00 p.m

Monday – Closed

Tuesday through Saturday

10:00 a.m. - 5:00 p.m

Sunday

Open Swim - 1:00 p.m. – 4:00 p.m.

Tuesday Through Saturday

Fee Base Classes/ Camp A.I.M. - 10:00 a.m. – 11:50 a.m.
Swim Team Practice - 12:00 p.m. – 12:50 p.m.
Ages 8 yr. – 12 yr. - 1: 00 p.m. –3:00 p.m.
Ages 13 yr. – 17 yr. - 3: 15 p.m. – 4:50 p.m.
No Camp on Saturday

AQUATICS /HUNTERSVILLE/CHESTERFIELD/BERKLEY

BERKLEY POOL

Summer Hours

441-1969

Office Hours

Sunday - Closed To Public

Monday through Saturday - 9:00 a.m. – 5:00 p.m.

Monday through Friday

Fee Base Classes/Camp A.I.M. - 10:00 a.m. – 11:50 a.m.

Swim Team Practice - 12:00 p.m. – 12:50 p.m.

Open Swim All Ages - 1:00 p.m. – 4:50 p.m.

Saturday

Fee Base Classes - 10:00 a.m. – 11:50 a.m.

Swim Team Practice - 12:00 p.m. – 12:50 p.m.

Open Swim All Ages - 1:00 p.m. – 4:50 p.m.

Sunday – Closed

LEVEL II-BELUGA WHALES/PRIMARY SKILLS

Designed for youth with some previous water adjustment skills. Continues to build on fundamental aquatic locomotion, safety and rescue skills learned in Level I. Must have Level I certificate or demonstrate skills, Ages 5 - 15.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
334105-01	Huntersville	Sa	10:30am-11:00am	3/29-5/31	\$20		\$30
334105-02	Huntersville	Sa	11:00am-11:30am	3/29-5/31	\$20		\$30
334105-03	Huntersville	T&R	6:00pm-6:30pm	3/25-4/24	\$20		\$30
434105-01	Huntersville	Sa	10:30am-11:00am	6/21-8/23	\$20		\$30
434105-02	Huntersville	Sa	10:30am-11:00am	6/21-8/23	\$20		\$30
434105-03	Huntersville	M-F	11:00am-11:30am	6/16-6/27	\$20		\$30
434105-04	Huntersville	M-F	10:30am-11:00am	6/30-7/11	\$20		\$30
434105-05	Huntersville	M-F	10:30am-11:00am	7/14-7/25	\$20		\$30
413105-06	Berkley	Sa	10:00am-10:30am	6/21-8/23	\$20		\$30
413105-07	Berkley	Sa	10:30am-11:00am	6/21-8/23	\$20		\$30
413105-08	Berkley	M-F	10:00am-10:30am	6/16-6/27	\$20		\$30
420105-09	Chesterfield	Sa	10:00am-10:30am	6/21-8/23	\$20		\$30
420105-10	Chesterfield	Sa	10:30am-11:00am	6/21-8/23	\$20		\$30

No Classes July 4, 2003

LEVEL III - BLUE WHALES/STROKE READINESS

Introduces participants to front and back crawl, as well as fundamentals of treading water and diving. Expands upon safety skills. Comparable to beginner swims. Must have Level II certificate or demonstrate skills. Ages 7 and up.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
334106-01	Huntersville	SA	10:00 am-10: 50am	3/29-5/31	\$25		\$35
334106-02	Huntersville	SA	11:00am-11: 50am	3/29-5/31	\$25		\$35
334106-03	Huntersville	T&R	5:30pm-6:20pm	4/28-5/29	\$25		\$35
434104-01	Huntersville	SA	10:00am-10:50am	6/21-8/23	\$25		\$35
434104-02	Huntersville	SA	11:00am-11:50am	6/21-8/23	\$25		\$35
434104-03	Huntersville	M-F	10:00am-10:50am	6/16-6/27	\$25		\$35
434104-04	Huntersville	M-F	10:00am-10:50am	6/30-7/11	\$25		\$35
434104-05	Huntersville	M-F	10:00am-10:50am	7/14-7/25	\$25		\$35
413104-06	Berkley	SA	10:00am-10:50am	6/21-8/23	\$25		\$35
413104-07	Berkley	SA	10:00am-10:50am	6/21-8/23	\$25		\$35
413104-08	Berkley	M-F	10:00am-10:50am	6/16-6/27	\$25		\$35
420104-09	Chesterfield	SA	10:00am-10:50am	6/21-8/23	\$25		\$35
420104-10	Chesterfield	SA	11:00am-11:50am	6/21-8/23	\$25		\$35

No Classes July 4, 2003

AQUATIC YOUTH CLASSES

WATER BABIES/PARENT TOT

Discover the pleasure of sharing time with your child and learning water adjustments through movement exploration and games. For children ages 6 months to 4 years with parent or trusted adult.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
334103-02	Huntersville	SA	11:30am-12:00pm	3/29-5/31	\$20		\$30
434103-02	Huntersville	SA	11:30am-12: 00 pm	6/21-8/23	\$20		\$30

LEVEL I-WATER EXPLORATION

Provides youth an orientation to the aquatic environment and teaches elementary swim skills. Ages 5 – 15.

Activity #	Site	Day	Time	Date	Fee	NR	Fee
334104-01	Huntersville	SA	10:00am-10:30am	3/29-5/31	\$20		\$30
334104-02	Huntersville	SA	10:30am-11:00am	3/29-5/31	\$20		\$30
334104-03	Huntersville	T&R	6:00pm-6: 30pm	3/25-4/24	\$20		\$30
434104-01	Huntersville	SA	10:00am-10:30am	6/21-8/23	\$20		\$30
434104-02	Huntersville	Sa	10:30am-11:00am	6/21-8/23	\$20		\$30
434104-03	Huntersville	M-F	10:00am-10:30am	6/16-6/27	\$20		\$30
434104-04	Huntersville	M-F	10:00am-10:30am	6/30-7/11	\$20		\$30
434104-05	Huntersville	M-F	10:00am-10:30am	7/14-7/25	\$20		\$30
413104-06	Berkley	SA	10:00am-10:30am	6/21-8/23	\$20		\$30
413104-07	Berkley	SA	10:30am-11:00am	6/21-8/23	\$20		\$30
413104-08	Berkley	M-F	10:00am-10:30am	6/16-6/27	\$20		\$30
420104-09	Chesterfield	SA	10:00am-10:30am	6/21-8/23	\$20		\$30
420104-10	Chesterfield	SA	10:30am-11:00am	6/21-8/23	\$20		\$30

No Classes July 4, 2003

LEVEL IV - GRAY WHALES/STROKE DEVELOPMENT

Participants increase their distance with previously learned strokes. Breaststroke, sidestroke and turns are introduced. Comparable to advanced beginners swim. Must have Level III certificate or demonstrate skills. Ages 8 and up.

Activity #	Site	Day	Time	Date	Fee	NR Fee
334107-01	Huntersville	Sa	11:00am-11:50am	3/29-5/31	\$25	\$35
434107-01	Huntersville	Sa	11:00am – 11:50am	6/21 – 8/23	\$25	\$35

LEVEL V - DOLPHINS/STROKE REFINEMENT

Work on perfecting stroke techniques of skills learned in Level IV. The butterfly, open turns and feet –first surface dives are introduced. Must have Level IV certificate or demonstrate skills. Ages 9 and up.

Activity #	Site	Day	Time	Date	Fee	NR Fee
334108-01	Huntersville	Sa	11:00am -11:50am.	3/29 – 5/31	\$25	\$35

AQUATIC ADULT CLASSES

ADULT BEGINNER III

Introduces participants to front and back crawls, as well as fundamentals of treading water and diving. Survival skills introduced. Ages 16 and up.

Activity #	Site	Day	Time	Date	Fee	NR Fee
334131-01	Huntersville	Sa	10:00a.m-10: 50am	3/29 -5/31	\$25	\$35
334131-02	Huntersville	T&R	5:00pm-5:50p.m.	4/29-5/28	\$25	\$35
434131-01	Huntersville	Sa	10:00am-10:50 am	6/21-8/23	\$25	\$35
434131-02	Huntersville	T&R	5:00pn-5:50pm	7/8-8/7	\$25	\$35

No Classes July 4, 2003

AQUA MUSCLE TONER

Class is set up for individuals who want to work at a faster pace. Tones and increases flexibility and cardiovascular strength in the water. For ages 16 and over.

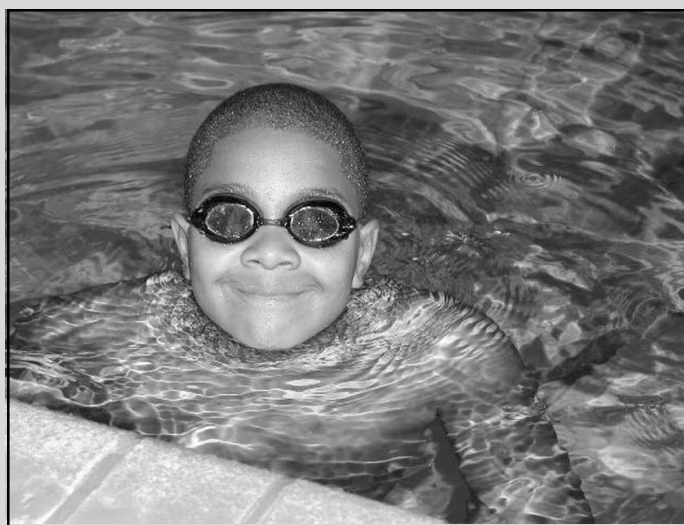
Activity #	Site	Day	Time	Date	Fee	NR Fee
334134-01	Huntersville	T-R	5:00 pm-5:50pm	3/4-3/27	\$30	\$40
334134-02	Huntersville	T-R	5:00pm-5:50pm	4/1-4/29	\$30	\$40
334134-03	Huntersville	T-R	5:00pm-5:50pm.	5/6-5/29	\$30	\$40
434134-01	Huntersville	T-R	5:00pm-5:50pm	6/3-6/26	\$30	\$40
434134-02	Huntersville	T-R	5:00pm-5:50pm	7/1-7/31	\$30	\$40
434134-03	Huntersville	T-R	5:00pm-5:50pm	8/5-8/29	\$30	\$40

No Classes July 4, 2003

LIFEGUARD TRAINING

Professional course that offers American Red Cross certifications in lifeguard training, first aid and C.P.R. for the professional rescuer. If student is employed as a lifeguard with the City of Norfolk from the start of the summer season 2003, and continues employment through Labor Day, the course fee will be refunded to them. Students are responsible for purchase of their own books. Ages 15-adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
Class dates and times -TBA						



AMERICAN SWIMMING FACTS AND REASONS TO SWIM:

- Swimmers make better students (time management skills).
- Americans have been awarded more Olympic medals in swimming than any other Olympic sport.
- It's a sport for life. People can swim well into their nineties. How many football players can say that?
- It's healthy exercise. Swimming can encompass all of the components of fitness. You will never have to worry about being in shape for bathing suit season.
- Water is relaxing—and it's just plain fun.
- 90% of 14-year-old boys cannot hit a baseball farther than their father or drive to the hoop better. But, after training a season with the Dolphins, 90% of our 8-year-old boys and girls can swim faster and longer than mom or dad.

The availability of makeup classes will vary according to circumstances and will be at the discretion of the center supervisor.

Adult classes are for participants ages 18 and up.

REGISTRATION

Aquatics registration is held at pool sites only. Mail-in registration will not be accepted.

Registration for spring classes will begin on Saturday, March 15, at 7:30 a.m., and will continue until classes are filled. Registration for summer classes will begin Saturday June 7, at 7:30 a.m. and will continue until classes are filled.

NORTHSIDE POOL SCHEDULE

Summer June 16 - August 30, 2003

Office Hours

Monday, Wednesday, Thursday, Friday

6:30 am - 8:15 pm

Saturday

8:30 am - 3:45 pm

Tuesday & Sunday

CLOSED TO THE PUBLIC

Pool Schedule:

Monday, Wednesday, Friday

Adult Lap Swim-6:30 a.m.-8:50 a.m.

Aqua Friends (Fee Based Class)-9:00 a.m.-9:50 a.m.

Youth Learn to Swim Classes-10:00 a.m.-12:00 p.m.

Adult Lap Swim-12:05 p.m.-12:55 p.m.

Swim Team or Therapeutics Classes-1:00 p.m.-1:50 p.m.

Open Swim-2:05 p.m.-4:50 p.m.

Arthritis Exercise Class/Therapeutic Classes-
5:00 p.m.-5:50 p.m.

Rip Tides Water Exercise (Fee Based Class)-
6:00 p.m.-6:50 p.m.

Adult Lap/Family Swim-7:00 p.m.-8:15 p.m.

Thursday

Adult Lap Swim-6:30 a.m.-8:50 a.m.

Group Youth Rentals-9:00 a.m.-11:50 a.m.

Adult Lap Swim-12:05 p.m.-12:55 p.m.

Open Swim-1:05 p.m.-4:15 p.m.

Youth Swim Team Practice-4:30 p.m.-5:45 p.m.

Adult Beginner Swim Class (Fee Based)-6:00 p.m.-6:50 p.m.

Adult Lap/ Adult Recreation Swim-7:00 p.m.-8:15 p.m.

Saturday

Adult Lap Swim-8:30 a.m.-9:50 a.m.

Youth Learn to Swim Classes/Deep Water Aquasize-10:00
a.m.-12:30 p.m.

Water Volleyball League-12:45 p.m.-2:00 p.m.

Open Swim-2:15 p.m.-3:45 p.m.

Call 441-1760 for more information.

AQUATIC YOUTH CLASSES

WATER BABY/PARENT TOT

Enjoy a shared activity with your child and learn water adjustments through movement exploration and games. For children ages 6 months to 4 years 11 months with parent or trusted adult. (There will be no class on Friday 7/4/03 due to the holiday.)

Activity #	Site	Day	Time	Date	Fee	NR Fee
346103-01	NS	SA	12:00pm-12:30pm	3/29-5/31	\$20	\$30
446103-01	NS	M,W,F	11:00am-11:30am	6/23-7/9	\$20	\$30
446103-03	NS	M,W,F	10:30am-11:00am	8/4-8/25	\$20	\$30

WATER BABY

Enjoy a shared activity with your child and learn water adjustments through movement exploration and games. For children ages 6 months to 2 years 11 months with parent or trusted adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
446101-01	NS	SA	12:00pm-12:30pm	6/21-8/23	\$20	\$30

PARENT TOT

Learn water adjustment and basic swim skills through games and movement exploration with your toddler, age's 3 years 11 months through 5 years. Parent or trusted adult must accompany youth in the water.

Activity #	Site	Day	Time	Date	Fee	NR Fee
446102-01	NS	SA	12:30-1:00pm	6/21-8/23	\$20	\$30

LEVEL I - WATER EXPLORATION

Provides youth an orientation to the aquatic environment and teaches elementary swim skills. Ages 5-13. (There will be no class on Friday 7/4/03 due to the holiday.)

Activity #	Site	Day	Time	Date	Fee	NR Fee
346104-04	NS	SA	10:00am-10:30am	3/29-5/31	\$20	\$30
346104-05	NS	SA	11:00am-11:30am	3/29-5/31	\$20	\$30
346104-06	NS	W&F	6:00pm-6:30pm	3/26-4/25	\$20	\$30
446104-11	NS	SA	10:00am-10:30am	6/21-8/23	\$20	\$30
446104-12	NS	SA	11:00am-11:30am	6/21-8/23	\$20	\$30
446104-13	NS	M,W,F	10:00am-10:30am	6/23-7/09	\$20	\$30
446104-14	NS	M,W,F	10:00am-10:30am	7/11-8/01	\$20	\$30

LEVEL II - BELUGA WHALES/PRIMARY SKILLS

Designed for youth with some previous water adjustment skills. Continues to build on fundamental aquatic locomotion, safety and rescue skills learned in Level I. Must have Level I certificate or demonstrate skills. Ages 5-13. (There will be no class on Friday 7/4/03 due to the holiday.)

Activity #	Site	Day	Time	Date	Fee	NR Fee
346105-04	NS	SA	10:30am-11:00am	3/29-5/31	\$20	\$30
346105-05	NS	SA	11:30am-12:00pm	3/29-5/31	\$20	\$30
346105-06	NS	W&F	6:30pm-7:00pm	3/26-4/25	\$20	\$30
446105-11	NS	SA	10:30am-11:00am	6/21-8/23	\$20	\$30
446105-12	NS	SA	11:30am-12:00pm	6/21-8/23	\$20	\$30
446105-13	NS	M,W,F	11:30am-12:00pm	6/23-7/09	\$20	\$30
446105-14	NS	M,W,F	11:00am-11:30am	7/11-8/01	\$20	\$30
446105-15	NS	M,W,F	10:00am-10:30am	8/04-8/25	\$20	\$30

LEVEL III - BLUE WHALES/STROKE READINESS

Introduces participant to front and back crawl, as well as fundamentals of treading water and diving. Safety skills are expanded upon. Comparable to beginner swim. Must have Level II certificate or demonstrate skills. Ages 7 and up. (There will be no class on Friday 7/4/03 due to the holiday.)

Activity #	Site	Day	Time	Date	Fee	NR Fee
346106-04	NS	SA	10:00am-10:50am	3/29-5/31	\$25	\$35
346106-05	NS	SA	11:00am-11:50am	3/29-5/31	\$25	\$35
346106-06	NS	W&F	6:00pm-6:50pm	4/30-5/30	\$25	\$35
446106-11	NS	SA	10:00am-10:50am	6/21-8/23	\$25	\$35
446106-12	NS	SAT	11:00am-11:50am	6/21-8/23	\$25	\$35
446106-13	NS	M,W,F	10:00am-10:50am	6/23-7/9	\$25	\$35
446106-14	NS	M,W,F	10:00am-10:50am	7/11-8/1	\$25	\$35

LEVEL IV - GRAY WHALES/STROKE DEVELOPMENT

Participants increase their distance with previously learned strokes. Breaststroke, sidestroke and turns are introduced. Comparable to advanced beginner swim. Must have Level III certificate or demonstrate skills. Ages 9 and up. (There will be no class on Friday 7/4/03 due to the holiday.)

Activity #	Site	Day	Time	Date	Fee	NR Fee
346107-02	NS	SAT	11:00am-11:50am	3/29-5/31	\$25	\$35
446107-02	NS	SAT	11:00am-11:50am	6/21-8/23	\$25	\$35
446107-03	NS	M,W,F	10:00am-10:50am	6/23-7/09	\$25	\$35
446107-04	NS	M,W,F	10:00am-10:50am	7/11-8/01	\$25	\$35

The availability of makeup classes will vary according to circumstances and will be at the discretion of the center supervisor.

Adult classes are for participants ages 18 and up.

LEVEL V - DOLPHINS/STROKE REFINEMENT

Work on perfecting stroke techniques of skills learned in Level IV. The butterfly, open turns and feet-first surface dives are introduced. Comparable to intermediate swim. Must have Level IV certificate or demonstrate skills. Ages 10 and up. (There will be no class on Friday 7/4/03 due to the holiday.)

Activity #	Site	Day	Time	Date	Fee	NR Fee
346108-02	NS	SA	12:00pm-12:50pm	3/29-5/31	\$25	\$35
446108-01	NS	SA	12:00pm-12:50pm	6/21-8/23	\$25	\$35
446108-02	NS	M,W,F	11:00am-11:50am	6/23-7/09	\$25	\$35
446108-03	NS	M,W,F	11:00am-11:50am	7/11-8/01	\$25	\$35

NEW! SWIM TO MUSIC

Perfect for youth ages 10-16 with good swimming skills. Experience the basics of synchronized swimming in our one-day clinic. Virginia's finest group of synchronized swimmers and their Senior Olympic gold medalist coach, Barbara Eaton, will instruct the clinic.

Activity #	Site	Day	Time	Date	Fee	NR Fee
346122-01	NS	Wed	10:00am-12:00pm	4/16	\$5	\$15

NEW! YOUTH STROKE AND CONDITIONING

Just what the coach ordered for pre-season swim team stroke improvements and conditioning! Get ready for your fall swim leagues in this new class designed to fine-tune your competitive swim strokes and turns, while improving your endurance. Great for ages 7 through 17. Must be able to swim at least 25 yards of front and back crawl, non-stop, prior to enrolling.

Activity #	Site	Day	Time	Date	Fee	NR Fee
446121-01	NS	M,W,F	10:00am-10:50am	8/4-8/25	\$20	\$30

AQUATICS/NORTHSIDE

NEW!

FAMILY/YOUTH AQUA-EXERFITNESS

Swimming skills not required! Perfect for families who want to exercise together or youth ages 10 to 16 years of age. Provides toning, flexibility and a great cardiovascular workout. Great opportunity to exercise and socialize at the same time.

Activity #	Site	Day	Time	Date	Fee	NR Fee
446120-01	NS	M,W,F	11:00am-11:50am	8/4-8/25	\$20	\$30

ADULT CLASSES

ADULT BEGINNER III

Introduces participants to front and back crawls, as well as fundamentals of treading water and diving. Survival skills introduced.

Activity #	Site	Day	Time	Date	Fee	NR Fee
346111-03	NS	Wed	6:00pm-6:50pm	3/26-5/28	\$25	\$35
446111-03	NS	Thurs	6:00pm-6:50pm	6/26-8/28	\$25	\$35

ARTHRITIS WATER WORKOUT

This program is designed to help you feel better through gentle exercises in a heated pool. Adults with any type of arthritis can attend. Physician consent form is required. (There will be no class on Monday 5/26/03 or Friday 7/4/03 due to the holidays.)

Activity #	Site	Day	Time	Date	Fee	NR Fee
346112-01	NS	MWF	1-1:45pm	4/2-4/30	\$30	\$40
346112-02	NS	MWF	1-1:45pm	5/2-5/30	\$30	\$40
446112-01	NS	MWF	5-5:50pm	6/2-6/30	\$30	\$40
446112-02	NS	MWF	5-5:50pm	7/2-7/30	\$30	\$40
446112-03	NS	MWF	5-5:50pm	8/1-8/29	\$30	\$40

AQUAFRIENDS

Experience the pleasure of a special toning for mature adults in the water. Ages 40 and older. (There will be no class on Monday 5/26/03 or Friday 7/4/03 due to the holiday.)

Activity #	Site	Day	Time	Date	Fee	NR Fee
346113-01	NS	MWF	9:00am-9:50am	4/2-4/30	\$30	\$40
346113-02	NS	MWF	9:00am-9:50am	5/3-5/30	\$30	\$40
446113-01	NS	MWF	9:00am-9:50am	6/2-6/30	\$30	\$40
446113-02	NS	MWF	9:00am-9:50am	7/2-7/30	\$30	\$40
446113-03	NS	MWF	9:00am-9:50am	8/1-8/29	\$30	\$40

RIP-ROARING RIP-TIDES

Class is designed for individuals who want to work at a faster pace. Tones and increases flexibility and cardiovascular strength in the water. Swimming experience not necessary. Ages 16 and older. (There will be no class Monday 5/26/03 or Friday 7/4/03 due to the holiday.)

Activity #	Site	Day	Time	Date	Fee	NR Fee
346114-01	NS	MWF	5-5:50pm	4/2-4/30	\$30	\$40
346114-02	NS	MWF	5-5:50pm	5/2-5/30	\$30	\$40
446114-01	NS	MWF	6-6:50pm	6/2-6/30	\$30	\$40
446114-02	NS	MWF	6-6:50pm	7/2-7/30	\$30	\$40
446114-03	NS	MWF	6-6:50pm	8/1-8/29	\$30	\$40

DEEP WATER POWER HOUR

Swimming skills not required! Aqua Joggers are provided. Strengthen and train the various muscles of your body in an exciting exercise environment. Ages 16 and older.

Activity #	Site	Day	Time	Date	Fee	NR Fee
346115-01	NS	SA	10:00am-11:00am	3/29-5/31	\$30	\$40
446115-01	NS	SA	10:00am-11:00am	6/21-8/23	\$30	\$40

SCUBA OPEN WATER

Scuba class designed for beginners. Learn about the underwater world in the best Scuba program available. Acquire knowledge for exploring the underwater history of Virginia. Instructor has over 23 years of teaching and diving experience. Good swimming skills are required. Additional \$95 fee for class equipment and book. Ages 13 and older.

Activity #	Site	Day	Time	Date	Fee	NR Fee
346116-01	NS	Sun	2:00pm-7:00 pm	3/30-6/1	\$95	\$105
446116-01	NS	Sun	2:00pm-7:00 pm	6/22-8/24	\$95	\$105

LIFEGUARD TRAINING

Professional course that offers American Red Cross certifications in lifeguarding, first aid and C.P.R. for the professional rescuer. If student is employed as a lifeguard with the City of Norfolk from the start of the summer season 2003, and continues employment through Labor Day, the course fee will be refunded to them. Students are responsible for purchase of their own books. Ages 15 - adult.

Activity #	Site	Day	Time	Date	Fee	NR Fee
346118-01	NS	Mon	3:00pm-5:00pm	3/24		Pre Test
346118-02	NS	M&W	6:30pm-9:30pm	4/2-5/5	\$95	\$105

WATER SAFETY INSTRUCTOR

This course is designed to prepare the participant to teach American Red Cross swimming instructions. The student must be 17 years of age before completion of course. Must be able to pass a swimming pre-test consisting of Level VI skills. Must also successfully complete the F.I.T course offered by the American Red Cross, prior to completion of the W.S.I. course. (This fee will be separate and paid to the Red Cross). Books have an additional fee and may be purchased at the Red Cross.

Activity #	Site	Day	Time	Date	Fee	NR Fee
346119 01	NS	M&R	6:30pm-9:30pm	3/17-5/1	\$65	\$75

**POOL PARTY ANYONE?**

Northside and Huntersville pools are available for youth birthday parties with up to 25 guests, Saturdays from 4:00-6:00 p.m. Guests will receive exclusive use of pool and party room, with two lifeguards on site. Cost is \$50.

**NEW!
AQUA VOLLEYBALL LEAGUE**

Set, dig and spike with enthusiastic community members who enjoy healthy competition! Participants 14 years and older will enjoy the newest and coolest sport to hit Northside Pool. Bring your dad, mom, sisters and brothers, some friends or just yourself. Teams will consist of six members with games lasting 40 minutes each. This program is free of charge.

Saturdays 3/29-5/31/03 from 12:45 p.m. until 2:00 p.m.

YOUTH POOL BIRTHDAY PARTY RENTALS

Host your child's birthday party at our aquatic facilities. Both Huntersville and Northside Pools offer party rentals for youth ages 16 and under. Parties are booked in two-hour blocks for \$50. Your group will have exclusive pool use, two certified lifeguards on duty, use of our pool equipment, such as balls, noodles and kick boards, to name a few. Call 441-1760 or 664-7432 to reserve a time. Parties are held on Saturdays only.

SUMMER YOUTH SWIM TEAMS

Berkley, Chesterfield, Huntersville and Northside pools will be forming their summer youth swim teams. Teams are open to youth swimmers, ages 17 and under, who are able to swim at least 25 yards of front crawl non-stop. Participants will be introduced to proper swim team strokes, turns and etiquette! Four meets will take place over the months of June, July and August. A facility use card is required for participation on a team. Call 664-7432 or 441-1760 for more information.

A COMMUNITY AQUATIC TRAINEE (A.C.A.T.)

A volunteer program designed for youth ages 11-14 years of age who enjoy an aquatic environment. Learn about Lifeguarding and swim class instruction as a profession, assist with light office duties and poolside maintenance from Norfolk's professional lifeguard staff. Spaces are limited. Call 664-7432 or 441-1760 for more information

NORFOLK SILVER DOLPHINS



NORFOLK SUMMER DOLPHINS NORFOLK'S COMPETITIVE SWIM TEAM - SUMMER SEASON

Wanted: Sharks, Dolphins, Piranhas, Whales, Minnows, and Stingrays - Jelly Fish need not apply.

If you are between the ages of 6 and 17 and want to develop your competitive swimming skills, consider joining Norfolk's Summer Swim League program. Starting June 9th through City Championships on August 23rd, four teams swim competitively throughout the summer. This is a great opportunity to gain experience for our winter competitive program's elite Norfolk Silver Dolphins, who competitively swim with the Virginia Community Swim League and USA Swimming. For more information, call or stop by any of our four pools after June 1st.

Berkley Green Dolphins
89 Liberty St • Phone 441-1969

Chesterfield Purple Dolphins
2915 Westminster Ave • Phone 441-5410

Huntersville Blue Dolphins
830 Golf St • Phone 664-7431

Northside Red Dolphins
8400 Tidewater Dr • Phone 441-1760

Come develop and improve your freestyle, breast, back and butterfly strokes. The benefits of Norfolk's competitive swimming are ENDLESS...

- Opportunity to meet new friends
- Build self esteem, strong minds and bodies
- Improve endurance
- Look better - feel better - control weight
- Develop a healthy, active lifestyle
- Supplement high school swim training

Swimming is a sport that benefits you with a lifetime of rewards. Norfolk is a metropolis surrounded by water. Every child should have the skills to swim!

NORFOLK'S COMPETITIVE SWIM TEAM - WINTER SEASON

Norfolk's Winter League swim team - NSD - has just completed its 12th season. With great success, over 85 swimmers between the ages 6 and 17 swam competitively from September through March. All of our swimmers compete in the VCSL (Virginia Community Swim League). The year 2002 marked our first year in the USA Swim League, with 15 of our elite swimmers making their mark. Ten of our high school swimmers swam successfully at Norfolk's high school level. It's always a great pleasure to experience watching a young swimmer put forth the effort to become a competitive swimmer. We instruct proper technique in all four strokes—freestyle, back, breast and butterfly—fine-tune starts and flip turns, and train to build endurance and stamina.

Join and train with the Summer League to gain experience for tryouts with the Norfolk Silver Dolphins Winter League, which begins September 8th.

See you next season,

Coaches
Shemieka Sutton
Richard Hahn

Visit our web site www.NorfolkSilverDolphins.com